

Nutrition Notables

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Special points of interest:

- Learn how to improve the flavor of your food without sugar, fat or salt!
- Learn about the great health benefits of herbs and spice!
- National Nutrition Month is Coming!

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National Nutrition 3
Month

Spice Up Your Life!

For anyone trying to reduce the sodium in their diet, wanting to try new flavors or eat healthier, herbs and spices can really “spice” up your food. They are a wonderful way to flavor your food without salt, sugar, or fat. And research is starting to show some great health benefits from them too.

So what exactly are herbs and spices? Herbs are usually the leaves of a plant, and spices are usually from the rest of the plant (bud, bark, root, berry, aromatic seed or flower). Since they are plant-based, they have similar health benefits to eating fruits, vegetables, green tea, red grapes and cocoa beans.

Studies show that they can help our immune systems, and they may help reduce inflammation in the body, which can cause many

chronic diseases. Herbs and spices can also be a great source of antioxidants, and drying them concentrates the antioxidants even more. For example, ground cinnamon (1 tsp) has more antioxidants than an 8oz glass of pomegranate juice.

Some of the healthiest herbs and spices are: cinnamon, ginger, oregano, red pepper, rosemary, thyme, and turmeric (found in yellow curry).

Furthermore, it is known that we have a “taste quota”. What this means is our tongues require a certain amount of flavor before it will tell the brain it is done eating. So by adding herbs and spices to your food, it can help you reach your “taste quota” faster and help you lose or maintain your weight.

Not sure where to begin? The following tips can help you get started:

- Try adding cinnamon to hot cocoa or oatmeal
- Add a bit of ginger to hot or iced tea.
- Spice up your hummus or guacamole by adding ground red pepper or crushed red pepper.



Spice Up Your Cooking and Your Health with Herbs and Spices!

- Add a pinch of thyme to your scrambled eggs.
- Try dill with lemon on your baked salmon.
- Use a spice blend with rosemary to flavor your baked meats.
- Mix a bit of sage with some olive oil and use it to cook your vegetables.
- Mix thyme, bay seasoning and parsley and use as a rub on lean lamb.
- Mix rosemary and Italian seasoning with olive oil and rub this on chicken.
- Sprinkle cinnamon, nutmeg, clove or ginger on sweet potatoes.





Enjoy sweet potato fries without the high salt content!

Recipe Box—Baked Sweet Potato Fries with Honey-Spice Dip

Prep Time: 15 minutes

Cook Time: 35 minutes

1 Tbsp brown sugar
 2 1/2 tsp **McCormick® Ground Cinnamon**, divided
 1/2 tsp **McCormick® Ground Ginger**
 1/2 tsp salt
 2 lbs sweet potatoes, peeled and cut into shoestrings
 1 Tbsp Canola oil
 1/2 cup reduced fat sour cream
 1/2 cup plain low fat yogurt
 1 Tbsp honey

1. Mix brown sugar, 2 teaspoons of the cinnamon, ginger and salt in a small bowl. Toss sweet potatoes with oil in large bowl. Add spice mixture; toss to coat well. Spread sweet potatoes in single layer on shallow baking pan sprayed with no stick cooking spray.

2. Bake in a preheated 400°F oven 30 to 35 minutes or until sweet potatoes are tender and lightly browned, turning halfway through baking time.

3. Meanwhile, mix sour cream, yogurt, honey and remaining 1/2 teaspoon cinnamon in small bowl. Serve sweet potatoes with dip.

Serves 6.

Nutrition Information per One Serving: Calories 164 Calories, Fat 4g, Protein 4g, Carbohydrates 28g, Cholesterol 8mg, Sodium 259mg, Fiber 4g

Recipe compliments of McCormick & Company. For more great recipes from McCormick visit: www.spicesforhealth.com



Enjoy the Health Benefits of Herbs and Spices While Flavoring Your Food!

Healthy Herbs and Spices!

Scientists believe that all herbs and spices probably have health benefits. However, some of the herbs and spices have been better researched than others. See some of the known health benefits below:

Basil—Basil is known to be anti-microbial (kills bacteria) and a good source of magnesium.

Cayenne pepper—Using this may lower your cholesterol levels.

Capsaicin (Found in hot chili peppers) - This may reduce the risk of prostate cancer.

Cinnamon—A daily dose of cinnamon may improve

blood sugar levels for diabetics and is anti-microbial.

Cilantro—Cilantro is a good source of fiber and iron and may reduce the risk of food poisoning.

Clove—Besides having a wonderful smell, cloves are anti-microbial.

Coriander seeds— Adding coriander seeds to your food may improve blood sugars if you have diabetes and may help with lowering cholesterol levels as well.

Dill—Dill contains iron and calcium. It may also reduce your risk of cancer.

Garlic—Adding garlic can reduce your risk of gastric cancer and it may have

heart health benefits as well.

Parsley—Parsley contains Vitamin C, Vitamin K, Vitamin A and folic acid.

Rosemary—may help improve circulation and lower blood pressure and is also anti-microbial

Sage—Having memory trouble? Try adding sage to improve it.

Thyme—Thyme is a significant source of vitamin K, which is needed for strong bones, and is also anti-microbial

Turmeric—Not only is turmeric a good source of iron and magnesium, but it may help with arthritis.

National Nutrition Month



Don't forget...

MARCH is

National Nutrition Month

In celebration of this month, the dietetic interns will be hosting Wellness Wednesdays on March 3rd at ART and March 10th and 24th at University Hospital (UH).



On **TUESDAYS**, make sure to purchase the National Nutrition Month “menu-item-of-the-week” in the UH cafeteria to enter your receipt in the raffle for a great prize!

Nutrition
From the
Ground
Up!



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